

The Senior Scoop

BOB GILMORE SENIOR CENTER
MARCH 2014

COMMENTS FROM THE COORDINATOR MARGO COSTER

MARCH is the month we celebrate Mardi Gras Fat Tuesday. Mardi Gras season", "Fat Tuesday" and "Carnival season in English, refer to events of the Carnival celebrations, beginning on or after the Epiphany or Kings day and culminating on the day before Ash Wednesday. *Mardi Gras* is French for Fat Tuesday, referring to the practice of the last night of eating richer, fatty foods before the ritual fasting of the Lenten season, which begins on Ash Wednesday.

March is also the month we celebrate St. Patrick's Day. Saint Patrick's feast day, as a kind of national day, was already being celebrated by the Irish in Europe in the ninth and tenth centuries. In later times he became more

and more widely known as the patron of Ireland. Saint Patrick's feast day was finally placed on the universal liturgical calendar in the Catholic Church. In 1903, Saint Patrick's Day became an official public holiday in Ireland.

ST. PATRICK'S DAY CELEBRATION

Do you have a wee bit of Irish in ye? Can you do an Irish Jig? Join us for some Wearin' fun time. We'll have a Wearin' of the best green contest, Irish music, games, prizes, great food and you won't have to kiss the blarney stone.

**DATE: MARCH 17
TIME: 9-11 a.m.**



WE SINCERELY THANK YOU

Many thanks to everyone for supporting our lunch program with all the goodies, donuts, coffee, candy, and other items for our birthday lunches. We really appreciate all of you. Thank you all so very much.

COOK-OFF

This month cook-off is an Irish themed cook off! Share your recipe and enjoy delicious Irish food. Prizes will be awarded for first, second, and third place.



**DATE: MARCH 17
TIME: 11:15 a.m.**

I WANT TO INSPIRE PEOPLE. I want someone to look at me and say "Because of you I didn't give up." Pinterest

Cards with Debbie

Come make beautiful cards with Debbie Moore. Class fee is \$5.00 for supplies. Bring your scissors and tape with you.

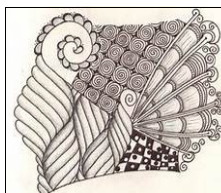
**DATE: EVERY
TUESDAY
TIME: 12:30 p.m.**



ZENTANGLE

Do you like to doodle on paper? Try this relaxing fun way of doodling its called Zentangle. Zentangle is an enjoyable and uplifting art form for all ages and skill levels. A wonderful way to relax and unravel.

**DATE: MARCH 21
TIME: 12:15-2:00 p.m.**



UPCOMING EVENTS APRIL & MAY

- Easter
- Cinco de Mayo
- Mother's Day Fancy Tea

SENIOR COUNCIL EXECUTIVE BOARD

- Bill Taylor, *President*
- Paul Wikoff, *Vice President*
- Paulette Jones, *Treasurer*
- Shirley Stephenson, *Secretary*
- Pete Hillard, *Parliamentarian*
- Charlie Cahee, *Chaplain*

Next meeting will be 12:30 p.m.
MARCH 12th at Bob Gilmore Senior Center.

AARP SMART DRIVERS COURSE

Marge Brune will be conducting a safety class. Please contact the center for additional information and pre-registration. This course does not dismiss a ticket.

**DATE: MARCH 26
TIME: 9:30—2 p.m.
COST: \$15 w/AARP card
\$20 non-members**

Sudoku

Learn the strategic of Sudoku. Join Linda Wells in the sewing room and learn a mind enhancing & fun puzzle. Every Wednesday from 10:30-11:30 am.

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SENIORS ON THE GO

SAVANNAH, JEKYLL ISLAND & BEAUFORT

DATE: March 22-30, 2014 (9 Days & 8 Nights)

COST: \$679.00 per person, double occupancy.

Add \$200.00 for single occupancy.

Final Payment due: January 17, 2014.

MYRTLE BEACH SHOWTRIP

DATE: October 4-12, 2014 (9 Days & 8 Nights)

COST: \$749.00 per person, double occupancy.

Add \$240.00 for single occupancy.

Final Payment due: July 29, 2014.

ALASKA CRUISE TOUR

DATE: August 31-September 10, 2014

(11 Days & 10 Nights)

Trip is full taking standby list only

BRANSON HOLIDAY SHOW

EXTRAVAGANZA

DATE: November 16-22, 2014 (7 Days & 6 Nights)

COST: \$599.00 per person, double occupancy.

Add \$180.00 for single occupancy.

Final Payment due: September 9, 2014.

For more information about trips please contact: Olga at 690-7320 or Bertie at 628-8191

MARCH EVENTS & PROGRAMS

RED HATS

Red Hats will meet at the Bob Gilmore Senior Center to car pool to the Red Hat Convention. Everyone is encouraged to attend. New members welcomed.

DATE: MARCH 15

TIME: 9:00 a.m.

BLOOD PRESSURE CHECKS

Stop by the Center at any of the dates below to have your blood pressure checked from 10:30 - 11:30 a.m.

Healthsense: Guardian:

MARCH 12 MARCH 5

MARCH 26 MARCH 19

COVERED DISH LUNCHEON

Our guest speaker, Don Murphy with Home Instead, will be speaking on Staying in Your Home. We will be celebrating MARCH birthdays. Don't forget your covered dish enough to feed six people or \$5.00 per person.

DATE: MARCH 19

TIME: 10:45 a.m.

MONTHLY MOVIES

This month's Classic Movie will be Father's Little Dividend starring Spencer Tracy & Elizabeth Taylor. The New Release Movie will be The Lone Ranger.

DATE (S): MARCH 4 Classic

MARCH 18

New Release

TIME: 12:15 p.m.

CHAIR MASSAGES

Carrie Howell will be at the Center doing free chair massages. Please sign up in advance.

DATE: MARCH 3

TIME: 9:00-12:00 a.m.

FREE HAIRCUTS

Oscar Rampersaud and Carmen Perez will be here to give haircuts.

DATE: MARCH 18-Oscar

TIME: 9:00-11:30 a.m.

DATE: MARCH 4 -Carmen

TIME: 9:00-11:30 a.m.

BUTTERBEAN AUCTION

Going once, going twice, sold! See what treasures you can win this month! Forty beans for each item you bring. From plants to clothes, nick knacks and etc., we accept everything.

DATE: MARCH 28

TIME: 9:15 a.m.

BINGO

Are you feeling lucky? Then come play some BINGO! Try your luck for prizes and fun. **Healthsense Home Care** is providing our Bingo for groceries. Thank you again Healthsense Home Care for providing groceries for the month of February.

DATE: MARCH 7

TIME: 1:00 p.m.

MEN'S MONTHLY BREAKFAST

Our male members of our Senior Center will be cooking us breakfast, once a month. Only \$1.00 a plate.

DATE: MARCH 11

TIME: 8:00-9:30 a.m.

WEEKLY PROGRAMS & GAMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 a.m.	Dominoes/42	Dominoes/42	Dominoes/42	Dominoes/42	Dominoes/42
	Ceramics		Walking at Killeen Mall		Ceramics
8:30 a.m.	Hand & Foot	Hand & Foot	Hand & Foot	Hand & Foot	Dirty Marbles
	Dirty Marbles	Dirty Marbles	84		
9:00 a.m.	Hand & Foot	Chicken Foot (9:30 a.m.)	Joker	Draw for Partners 42	Chicken Foot
				Joker	
10:00 a.m.	Joker	Fun Games	Hand & Foot	Phase 10	Fun Games
	Fun Games	Yoga Class 10-11		10-11	
10:30 a.m.	Dirty Marbles	Bible Study w/ Charlie	Sudoku	Mexican Train Dominoes	Hand & Foot
	Joker	Phase 10		Music Appreciation Al Scott	
12:00 p.m.	Hand & Foot	Fun Games	Fun Games	Scrapbooking & Cards (2nd, 3rd & 4th only)	Spades
	Fun Games			Texas Hold 'Em	
12:30 p.m.	Fun Games	Pinochle	Cribbage	Canasta	Quilting (3rd Friday only) (12:30-2:30 p.m.)
		Cards w/ Debbie	Joker		
1:00 p.m.	Hand & Foot	Hand & Foot	Wii Sports	UNO	Hand & Foot
			Hand & Foot	Gospel Sing A Long Al Scott & Dr. Kott	Red Hats (2nd Friday only)
1:45 p.m.	Phase 10	Puzzles	Spades	Fun Games	Puzzles
2:30 p.m.	Exercise	84	Exercise	Hand & Foot	Exercise

For more information on above programs call 254-699-1717

Senior Sweet Spot * Dublin Apple Tart (Pie)*

- 1- 9-inch pie shell
- 1/2 cup honey
- 1 teaspoon grated lemon rind
- 1/2 teaspoon salt
- 2 cups sliced apples (1 pound 4 oz. each)
- 1/2 cup sugar
- 1/3 cup cornstarch
- 2 tablespoons butter



1. Heat oven to 425° F.
2. Combine undrained apples and all ingredients except butter. Mix lightly.
3. Spoon ingredients into pastry shell. Dot with butter.
4. Bake for 40-50 minutes until crust is golden brown.
5. This Irish Dessert recipe is delicious served cold, but even better warm, with a generous scoop of vanilla ice cream, cream or custard.

CONTACT US:

Bob Gilmore Senior Center

2205 E. Veterans Memorial Blvd.
Killeen, TX 76543-4328
Monday - Friday 8:00 a.m. to 4:00 p.m.

Office: 254-699-1717

Fax: 254-953-4796

Website: www.killeentexas.gov

Margo Coster

Program Coordinator

Email— mcoster@killeentexas.gov

Janie Vargas

Office Assistant

HOP Transportation: 254-933-3700
or 1-800-791-9601

Men's Monthly Breakfast

Remember our men are cooking breakfast once a month for your enjoyment. Please join us and enjoy this special treat just for you. Every second Tuesday of the month.

Texas Master Naturalist

Master Naturalist, Richard McCarthy, will be providing a presentation on Water Basics.

DATE: MARCH 18
TIME: 12:00-1:00 p.m.

TOURNAMENTS

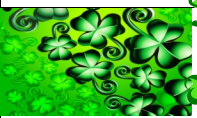
DRAW FOR PARTNERS	MARCH 20th at 9:00 a.m.
JOKER	MARCH 5th at 12:00 p.m.
SPADES	MARCH 12th at 12:15 p.m.
HAND & FOOT	MARCH 21st at 12:15 p.m.
PINOCHLE	MARCH 4th at 12:30 p.m.
DRAW FOR PARTNERS 42	MARCH 13th at 9:00 a.m.
CANASTA	MARCH 13th at 12:30 p.m.
TEXAS HOLD "EM"	MARCH 27th at 12:00 p.m.

Visit us online at www.killeentexas.gov

LUNCH MENU

Lunch is served daily at 11:30 a.m. Meals are \$2/person.

****NOTE**** Reservations must be made by noon the day before. ******

Mon	Tue	Wed	Thu	Fri
3. Oriental Cuisine	4. Cheese Burger & French Fries	5. Tilapia, Rice & Beans Ash Wednesday	6. Lasagna, Garlic Bread & Salad	7. Tuna Salad Sandwich, Salad & Chips
10. Oriental Cuisine	11. Baked Chicken, Potato & Salad	12. Meat Balls in Tomato Sauce Over Rice & Salad	13. Sausage w/ Onion, Green Pepper & Home Fried Potato	14. Fried Fish, French Fries & Cole Slaw
17. Corned Beef, Cabbage, Soda Bread & Corn Bread	18. Sub Sandwich & Chips	19. Covered Dish Luncheon Dish or \$5.00 pp	20. Sausage Wrap & Salad	21. Tilapia, Rice, Beans & Salad
24. Oriental Cuisine	25. Chicken Stew, Rice & Salad	26. Salisbury Steak, Mashed Potato & Salad	27. Pulled Pork Sandwich, Salad & Chips	28. Fish, Tater Tots & Salad
31. Oriental Cuisine	HAPPY ST. PATRICK'S DAY			

SCRAPBOOKING & CARD MAKING

Learn how to store and display your personal family photos by using artwork, and other materials. Also learn how to make unique cards for any occasion.

DATE: 2nd, 3rd & 4th Thursday
TIME: 12:15 p.m.

Thursday Music Appreciation

Join Al Scott from Georgetown. Al teaches voice and piano. Dr. Kott teaches how to read music and how to play a variety of instruments. He also teaches voice. Lessons are free at the center. Al will also provide private lessons for those who are interested.

DATE: EVERY THURSDAY
TIME: 12:00 p.m.

Basic Quilting

Laura Winckel, award winning quilter, will be teaching a basic strip quilting class. Bring your sewing machine, if you have one.

DATE: MARCH 28
TIME: 12:30-2:00 p.m.

Are you interested in sharing a skill with our Seniors? We need **Volunteers** to teach classes on computer, exercise, crafts, or other subjects. Please call or stop by the office.

May you always have the walls for the wind, a roof for the rain, tea beside the fire, laughter to cheer you, those you love near you, and all your heart might desire.